

Staying Alive When Old Man Winter Rolls In: Tips and Tricks for the Houseless

Symptoms of hypothermia (dangerously cold) include shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech, and drowsiness. (May appear drunk or psychedelic.)

When possible, people should stay indoors, in homes and buildings that are properly heated. If your home is not heated, find other safe ways to stay warm. (Key word is: **SAFE**. No fires.)

- Wear winter clothing indoors, including layers of warm clothes, as well as socks, shoes, and hats. Use blankets for additional warmth.
- Close off unused, exterior rooms and gather together in a single interior room.
- Seek shelter in heated public places, like malls, libraries and homeless shelters.

For those who must go outside in winter weather.

- Wear appropriate outdoor clothing: layers of light, warm clothing; mittens; hats; scarves; and waterproof boots.
- Be aware of the wind chill factor. (When the wind blows, it feels colder and as far as your body functions are concerned it *is* colder.

Wind + Cold Can Kill Ya.

- Take a buddy and an emergency kit when you are [outdoors].
- Avoid traveling when the weather service has issued advisories.
- If you must travel, inform a friend or relative of your proposed route and expected time of arrival.
- Carry a cell phone. (An old one works for 911 calls even with \$ 0.00 on it.):

Wool clothes keep you warm even if they get a little wet. Don't GET wet when it's cold most fabrics lose their insulating capacity when wet.

Wind + Cold + Rain Can Kill Ya.

Never try to heat an enclosed space with any kind of gas stove or heater. If you don't burn the place down, the carbon monoxide (CO) is odorless, tasteless and invisible. It kills hundreds of people that way every winter.

Carbon monoxide + Enclosed Space Can Kill Ya

Don't become a statistic.

Information from the Center for Disease Control and the Freedom of the Hills mountaineering text.
In memory of Steve "GUITARMAN" Levios, R.I.P.